



# Weekly Bulletin

“ There are two kinds of statistics, the kind you look up and the kind you make up.

- Rex Stout

## Upcoming Events

- Fri., Jan 31 – Chinese New Year
- Sat., Feb. 1 – Take Your Child to the Library Day
- Wed., Feb. 5 – Digital Learning Day
- Thurs., Feb. 6 – Regular Board Meeting/Board Retreat
- Fri., February 14 – Valentine’s Day
- Fri., February 28 – National Science Day

Follow this [link to the BOCES Calendar of Events](#)

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## A Message from Mike

***This is a random thought week for me. I hope you enjoy my disjointed stream-of-conscious narrative.*** I got a haircut on Saturday. I’m sure you feel better knowing that. When your hair (or lack thereof) looks like mine where you get a haircut isn’t that important. Sometimes Emma does it for me with the clippers on the back patio. It was too cold for that on Saturday, so I visited a new barbershop in Greece. Whenever I meet a new barber or stylist, I always ask where he or she went to school. In this case Jessica had attended the cosmetology program at We-Mo-Co (BOCES 2). That is a typical answer. Invariably I hear that the person attended We-Mo-Co or EMCC. If the stylist didn’t attend one of those programs I usually hear that he or she wishes she had. Jessica talked about how she was able to work right out of high school in a job that she loves, make good money, and not have any student loan debt. We also spent a little time feeling bad about unemployed 20-somethings with \$200,000 liberal arts bachelor’s degrees.

We are starting the last week of the first month of 2014. This is about the time that many of us have abandoned our New Year’s resolutions. The website [Statistic Brain](#), shared research from a *Journal of Clinical Psychology* article about New Year’s resolutions. Here are the top 10 New Year’s resolutions for 2014: How are you doing with your New Year’s resolutions? How are you supporting your family, friends, and colleagues with their resolutions?

This is also Regents Week. High school students across New York State will take Regents Exams this week in a variety of subjects. Click [here](#) to see the schedule. Did you know that Monroe #1 BOCES is one of the Regional Centers across the State with emergency supplies of exams for schools that need more?

Rank	Top 10 New Year’s resolutions for 2014
1	Lose Weight
2	Getting Organized
3	Spend Less, Save More
4	Enjoy Life to the Fullest
5	Staying Fit and Healthy
6	Learn Something Exciting
7	Quit Smoking
8	Help Others in Their Dreams
9	Fall in Love
10	Spend More Time with Family

***Watch this...***We all are afraid of something. In this amusing TED Talk, folk musician [Joe Kowan](#) shares how he overcame his stage fright. He embraced his fear and anxiety by writing a song about stage fright.

- Mike Doughty, Assistant Superintendent for Instruction

# Technology Tip of the Week

## Select Text Quickly

You probably know how to select text by clicking and dragging (highlighting) the text. Below find some quicker ways to select text using special keys.



### To Select:

1. **A word** – **Double-click** anywhere in the word.
2. **A sentence** – Hold down **Ctrl** and click anywhere in the sentence.
3. **A paragraph** – **Triple-click** anywhere in the paragraph.
4. **The whole document** – Hold down **Ctrl** and click **A** (select all).

## Connecting with a Colleague

Each week, a staff member will be selected to complete a brief questionnaire to help us get to know him or her. This week we are connecting with **Michael Monaghan**, Instructional Specialist.

- **What are your primary responsibilities?** My primary responsibility is to support teachers across BOCES programs with curriculum writing, assessment development, student data analysis, brainstorming teaching strategies, designing lessons/activities and implementing district-wide initiatives. Most of my work is focused on the K-12 Social Studies curriculum.
- **How long have you worked at BOCES?** This is my 10<sup>th</sup> year with Monroe #1 BOCES.
- **What is your favorite part of your job?** I truly enjoy giving all of our students at Monroe #1 BOCES the opportunity to have the best experience throughout their school careers as they grow into their potential.
- **What do you enjoy doing in your free time?** I love to travel and experience different people and cultures. I am always looking to knock off things on my “must see/do” bucket list. Also, I am a sports junkie, regardless of how terrible my Cleveland Browns continue to be.
- **What is the one thing you would like people to know about you?** I once sang Sunday Mass at the Vatican.



## Programs & Services Update

### EMCC Student Recognition-Cosmetology Community Service

Students from Renee Frosini and Lisa Romeiser’s cosmetology classes brought smiles to the residents of Ewing Continuing Care. The students made over 100 Christmas cards for all of the residents with notes of good cheer and even a riddle or two. They also collected 50 stuffed animals that were handed out to all of the residents on the Rosewood unit. They were happily received and will be enjoyed throughout the New Year.



- Lisa Romeiser, EMCC Teacher

### **Instructional Programs and Services**

Andy Raab piloted part one of his 3 part Fraction Hero Mini Series video conference with East Irondequoit last week. The conference was very successful. After 75 minutes, the third graders were still engaged and wanted to continue. Each one of these video conferences has a hands-on component and all activities and vocabulary align specifically to the NYS common core math modules. Phenomenal job, Andy! Thank you, Mark, for creating the video. Check out the video [here](#).

*- Steve Orcutt, Director of Instructional Programs and Services*



## SANE (Sometimes Acronyms Need Explaining)

[Employment Education Preparation - EPE](#)